



News Release

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UDOH Announces Availability of Free Nicotine Replacement Therapy

(Salt Lake City, UT) — Quitting smoking isn't easy. And it's particularly difficult thanks to nicotine being one of the most addictive substances on Earth. For many people, conquering their nicotine addiction is the ultimate barrier to quitting smoking. The Utah Department of Health (UDOH) wants to help these people by providing free nicotine replacement therapy. The free medication is available to adults in Daggett, Duchesne and Uintah counties while supplies last. To receive the medication, adults need to participate in the Utah Tobacco Quit Line's telephone counseling program at 1-888-567-TRUTH.

Many studies have shown that using nicotine replacement products to help quit smoking doubles a person's chance of success, compared to no help. Moreover, many failed attempts to quit are due to nicotine withdrawal symptoms.

"We've found that it is a very rare person who can quit smoking without outside support from friends, family and nicotine replacement products," said Heather Borski, Tobacco Prevention and Control Program manager, UDOH. "And we've also found that for many people, the cost associated with nicotine replacement products is an additional hurdle. With that in mind, we are very happy to provide this opportunity in order to help people quit using tobacco."

Nicotine replacement therapy has also been shown to be effective for not only cigarette smokers but also for users of chewing tobacco or snuff and for pipe and cigar smokers.

The medication is available for a limited time, while supplies last.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death; assuring access to affordable, quality health care; and promoting healthy lifestyles.